

# Study on the Effectiveness of the Penis Enlargement Bible

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Abstract: The goal of this study is to challenge the belief that there are currently no effective physical nor medicinal mechanisms in enlarging the size of the penile cavity without the use of surgery, unnatural, unpopularized, or perilous procedures.

Due to the popularity of the penis pump and presumption that it is an effective solution to enlarging the penis yet lack of studies to support this belief; the penis pump will serve as the control group.

Participants: 2,300

Experimental group: 1,800

Control Group: 500

## Demographics

Men aged 18-55 in relatively decent physical shape

BMI of 17.5-25.3 \*

Erect penis length range (Self-reported)- 3.2"-6.9" \*\* [Average- 4.7"]

Race Demographics:

White 65%, Asian 13%, Black 12%, Latino 10%

\*Because supplements are involved in the Penis Enlargement Bible, relatively healthy men were chosen to ensure the vitamins were absorbed at maximum effectivity.

\*\*A wide range of penis lengths were tested to determine whether initial size had an impact on size gains.

Disclaimer 1: No names of participants, techniques/supplements, or plagiarism of the Penis Enlargement Bible is released in this overview.

Disclaimer 2: Girth was not considered in this study, only penis length.

**Thesis:** With the use of specific supplements and "hands-on" penis exercises detailed through videos and text in the Penis Enlargement Bible, men will see permanent increases in penis size in a matter of weeks.

## Trial Period

1/17/18 - 4/17/18

Participants in the experimental group were given the Penis Enlargement Bible and told to follow it precisely. Because this is a “DIY” experiment, participants were required to fill out a supplied info sheet and check off performed exercises and time of supplementation each day. All supplements and materials were brand-consistent and supplied free of cost to ensure control and proper usage.

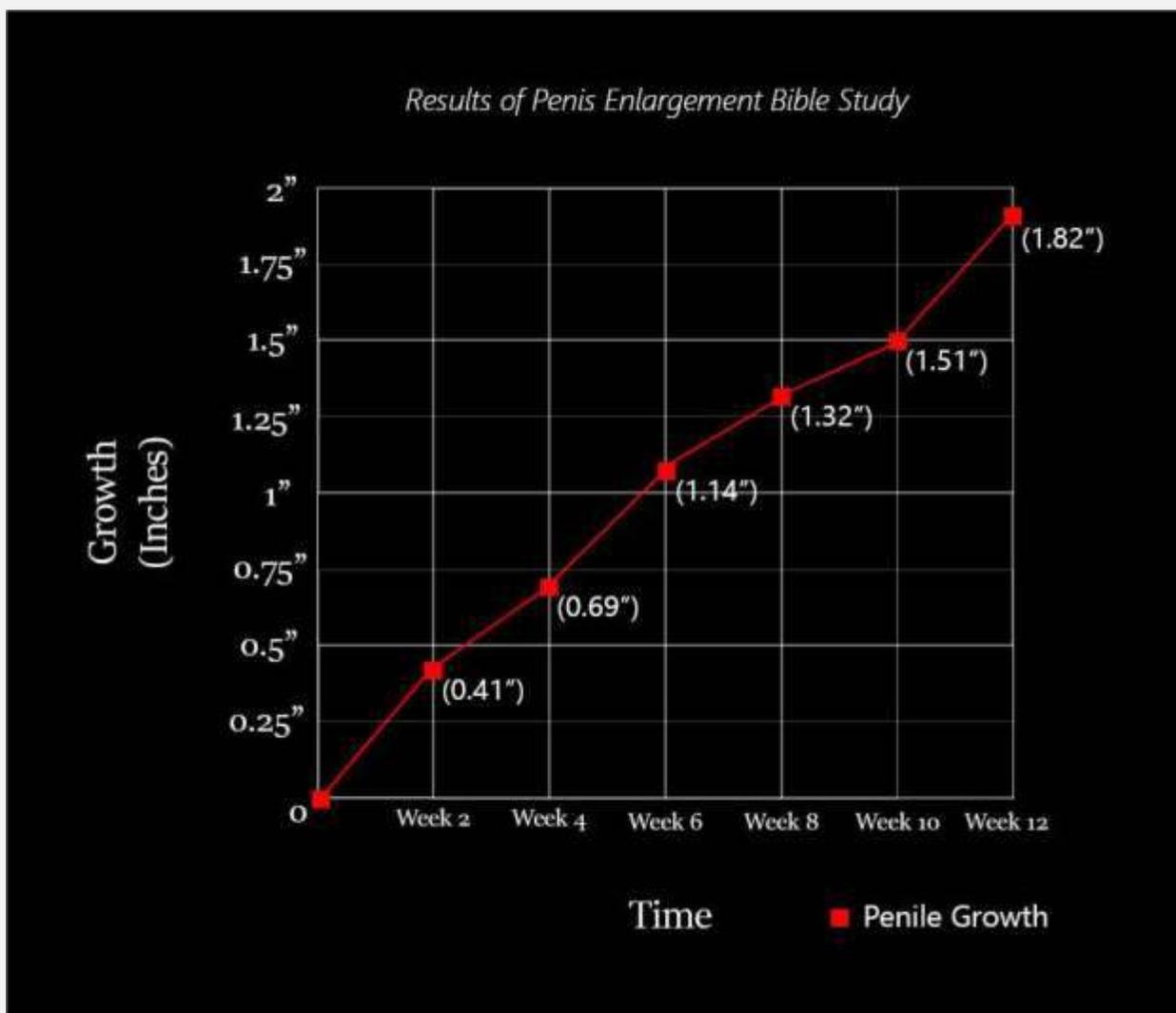
Participants in the control group were given a brand-consistent penis pump and required to use it for 15 minutes daily. Each participant was supplied a video on the proper usage of their penis pump. No diet or lifestyle changes were required in the control group.

Each group was required to measure the length of their penis\* and log this information in every 2 weeks.

\*Participants were shown how to measure their penis properly, base to tip, and provided a standard 12" ruler.

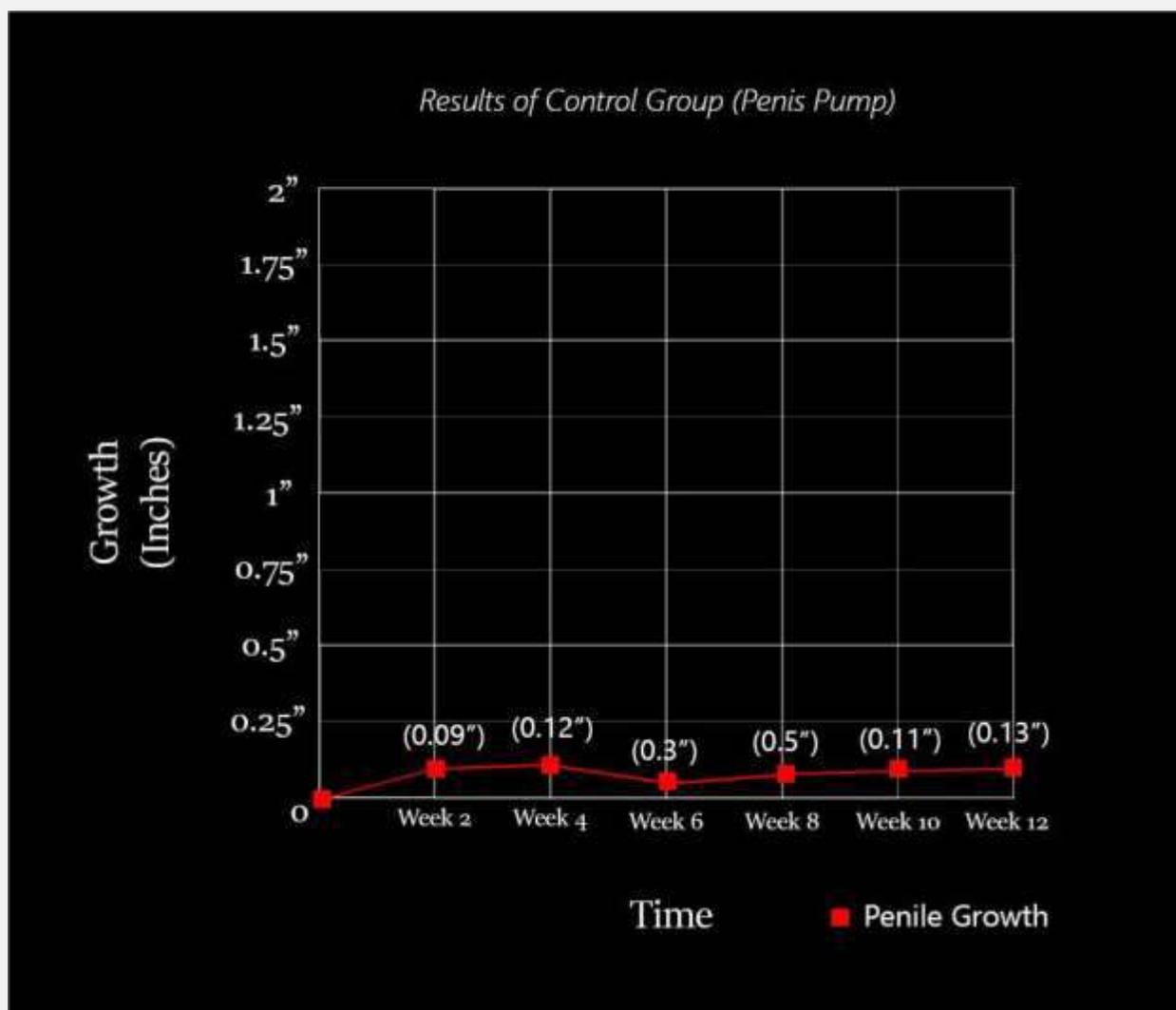
Note: Men that did not properly use the supplements or opted out of the study were excluded from results.

## Results (Experimental Group)



Note: Results are based on participants that followed the guidelines. More than 200 participants were eliminated from the experimental group and not included in the results.

## Results (Control Group)



Note: Results are based on participants that followed the guidelines. More than 20 participants were eliminated from the control group and not included in the results.

## **Outcomes**

### Experimental Group

Participants in the experimental group [Penis Enlargement Bible group] received an average length gain of 1.82" after the 3-month trial. Results varied from .5" at the least to 3.3" at the most. Participants with smaller penises (below 4.5") did tend to make more impressive gains than those having greater length prior to the study. Having said this, all participants accounted for in the results received increases in penile length.

### Control Group

Participants in the control group [Penis Pump group] received very few gains. However, averages did vary greatly week to week. Some individuals reported length gains of nearly 1" within the 2-week period, but reported length losses by the end of the study. With the level of fluctuation reported from those in the control group, it can be assumed that penis pumps only work on a short-term basis. We suspect that individuals

claiming greater length gains during the 2-week reporting period may have recently used the penis pump right before recording their measurements.

## Conclusion

While this study may contain potential errors and lack of a controlled environment, we can see great differences in the results between participants in the control group and the experimental group. Regarding penis pumps, they may work well for short term penis enlargement. They may be useful to use directly before sex. However, they provide no real long-term length gains according to the 3-month trial period. On the other hand, the Penis Enlargement Bible may take longer to achieve results, but can provide long term, lasting size gains. The Penis Enlargement Bible may not be worth it, as many participants gave up through the process of the study. However, we can conclude that the Penis Enlargement Bible does in fact increase penis size. Hopefully, more studies on the Penis Enlargement Bible can be conducted in a more controlled environment to account for some of the limitations in this study.

75% OF MEN DON'T DO THE PENIS EXERCISES CORRECTLY  
RESULTING IN LITTLE OR NO GROWTH!

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31 VIDEOS

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The advertisement features a background image of a woman's legs and buttocks. It includes two video player thumbnails showing hands on a penis, a red starburst icon, and a red stamp-like graphic with the text '31 VIDEOS'. A yellow button at the bottom contains the text 'CLICK HERE FOR INSTANT ACCESS'.

## *REFERENCES*

<http://increasepenissizenaturally.com/BiochemicalMethod>

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